

Fitness & Sports

Sports line

Weight room closed: The weight room in the Fitness and Sports Center will be closed Saturday and Sunday for floor maintenance.

For more information, call 963-3347.

Golf tournament: The CAFB Chiefs' Group will host a golf tournament Aug. 25 at Wrenwoods Golf Course beginning at 8:30 a.m. Check in begins at 7 a.m. Entry fee is \$12 per player, plus green fees (includes lunch and beverage).

The format will be captain's choice. Prizes will be given for longest drive and closest to pin. Prizes include passes for:

- Many area golf courses
- Hotel Stays
- Local Restaurants
- Door prizes

Sign up at the golf course or contact Chief Master Sgt. Bob Langston at 963-2383, cell phone number 412-5887 or e-mail to:

robert.langston@charleston.af.mil

Basketball: The Fitness and Sports Center is hosting basketball tryouts for the 2000-2001 mens' team Monday through Aug. 25 from 6:30 to 8 p.m. Only CAFB active duty members are eligible for the team.

Call Eddie Goad at 963-4321 for more information.

Golf tournament: The Airlift/Tanker Association will sponsor a golf tournament Sept. 8 beginning at 1:15 p.m. as a scholarship and charity fundraiser. The number of teams will be limited to 30. Cost is \$15, plus green fee and cart fee.

To sign up, call Senior Master Sgt. James Moody at 963-6009 or e-mail him at james.moody@charleston.af.mil

No restriction: Individuals on the Monitored Fitness Improvement Program are now allowed to utilize the base fitness center for exercising and will no longer be restricted to exercising at the Health and Wellness Center.

Those on the MFIP will carry and maintain their own MFIP cards and after exercising will be able to have their MFIP cards documented by either the HAWC or fitness center personnel only. For details, call the Health and Wellness Center at 963-4007.

By Staff Sgt. Michael Duhe
437 AW Public Affairs

The Health and Wellness Center is offering a chance to get in the Olympic spirit with a "Race to Sydney" Fitness Challenge beginning Sept. 1. Sydney, Australia, will be the site of the "Games of the XXVII Olympiad" from Sept. 15 through Oct. 1.

The program is open to all members of the base and is intended to encourage cardiovascular conditioning and blood pressure awareness, according to Jason Ham, an exercise physiologist at the HAWC. Ham is also director of the Race to Sydney Fitness Challenge. Prizes will be given for first, second, and third place, and to all teams who complete the fitness challenge by "reaching" Sydney, Australia.

Four-member teams will participate in the fitness challenge. Each team member will

accumulate miles by participating in a maximum of 60 minutes of aerobics activities daily. To complete the event, all four members must exercise 180 minutes each week. Members are allowed (and encouraged) to exercise more than three days per week to win.

One member of each team will serve as "flight commander" to act as the team's organizer and leader. The flight commander will keep track of the distance accumulated by his or her team and provide the statistics to Ham, who will update standings every week. The mileage will be credited toward the distance from Charleston to Sydney.

The focus of the event is to get people exercising consistently, according to Ham. It



doesn't matter if you can run 10 miles per hour or walk 10 miles per hour, time involvement and frequency are the important factors in this event," he said. No extra distance will be awarded for more than 60 minutes of exercise for one day, and extra time will not carry over to another day, Ham said. However, team members can earn extra mileage if members measure blood pressure weekly.

Running, cycling and aerobics classes are excellent ways to gain miles, Ham said. Team sports such as racquetball and basketball will be allowed as long as the activity is continuous. Resting periods (such as sitting on the bench) do not count. Weight training doesn't count,

either.

The Race to Sydney ends Sept. 30. T-shirts will be given to teams that successfully cover the distance. The overall winner will be the team that covers the greatest distance. In case of a tie, the winners will be determined by drawing at a celebration event.

Ham said teams are encouraged to come up with creative names. To register your team, call Ham at 963-6023 or e-mail him at jason.ham@charleston.af.mil.

Ham hopes participants will continue with their cardiovascular program long after the challenge ends.

"We're not pushing people to think they have to go out there and kill themselves to do a five-minute mile," Ham said. "We're encouraging a lifestyle change. We want folks to get out there and do cardiovascular fitness training."

He's ba-aack! Look out for The Swami

By The Swami
Pigskin Prognosticator

It's that time of year again—football season!

The Swami is back in action and looking to show all the other "wanna-be" Swamis how to pick football games. Let the Swami tell you, this is serious business and with years of forecasting and an extremely knowledgeable mind, you too can be like the Swami. Who wants to be like "Mike" (not Michael Irvin), when you can be like the Swami?

The Swami has been travelling the globe this off-season, looking at who's hot and who's not. First of all—forget the Cowboys! They're in the same old trouble. They have too many legal worries to think about, which prevents them from playing some good football, not that they could even if they made bail.

The Swami spent some time at the Giants and Jets training camp and liked what he saw—no former Cowboys! The Swami says those New York teams are well disciplined. Look for one of them to do well this year (other than the Yankees winning the World Series again).

The Swami has heard rumors about the Redskins having a good year. Don't worry. "Primetime" will stub his big toe and be done for the year.

Here is how "The Swami Pigskin Picks" will work: Every Friday, starting next week, there will be "The Swami's Picks" listed in the paper. The Swami will always be one week ahead, due to print time for the *Airlift Dispatch*. Frankly, the Swami does not need the extra week to guess at picking the games—y'all do! Next, clip the picks and bring them up to the Public Affairs office in Bldg. 1600. Better yet, you can e-mail your picks to dispatch@charleston.af.mil. Those fine people in Public Affairs will make sure the Swami gets all your garbage. Each week one lucky (yea, I said lucky) winner will receive some great prize courtesy of the 437th Services Squadron. I will give you more details in the coming weeks. The Swami says good luck (you will need it). The Swami has one final comment: this is for the "Woodman"—BOO!

Now you're scared!



Putting on the pounds

Staff Sgt. Michael Duhe

Tony Milunas puts on a "body fat vest" with the help of Frankie Cox at the Year of the Family 2000 Health Fair held Monday in the Base Exchange lobby. Cox, a dietitian with the Health and Wellness Center, said the 20-pound vest gives people a good idea of the extra body stress that results from being overweight. The health fair, sponsored by the HAWC, included free health, cholesterol and vision screenings and blood pressure checks by the 437th Medical Group and Navy Hospital. Other displays included information on Tricare, women's health, the Family Advocacy Program, the Daily Dental Clinic, the Family Support Center, and Public Health, who offered information on mosquito abatement, pet vaccinations at the vet clinic, and food safety.